



SAFETY SENSE



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FY 2014, 9th Edition

Golden Coyote celebrates thirty years

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June of 2014 will see the beginning of Golden Coyote: the SDARNG Training Exercise that has seen participation from 43 of 50 states and territories and many countries from around the world. Golden Coyote is the culmination of thousands of hours of manpower planning and preparing for the program that has seen tens of thousands of Soldiers, Sailors, Airmen and Marines train together in the Black Hills. However, Golden Coyote has seen many accidents from trips and falls, PT injuries, motor vehicle collisions and even lightning strikes.

While many people think that if you put enough people together with a lot of activity, something will go wrong and accidents will happen. However, we should all know that accidents are as avoidable as the flu: If you take proper precautions each day, you can successfully navigate an entire flu season with little or no effort or problem. The trick is to be prepared and look at the possibilities (Risk Management). Just remember, it is predictable, it is preventable.

If you did not know, the Thirtieth Anniversary is symbolized by Pearls. We have your thirty safety

pearls that if you use each, you will more than likely



avoid an accident:

1. Establish and rehearse Evac plans
2. Obey speed limits
3. Drive defensively
4. Stay hydrated and nourished
5. Inspect and maintain working fire extinguishers in all areas and vehicles
6. Set up FOBs with Safety in mind
7. Use seat belts
8. Ensure all operators are trained and licensed
9. Ensure drivers know the route
10. Smoke only in designated areas
11. Wear safety glasses, hearing protection and any other required PPE.
12. Attach trailer safety

chains, securely.

13. Be a part of the solution, not part of the problem
14. Use Deliberate Risk Management Worksheet (DD Form 2977)
15. Secure all loads before transport
16. Check the weather and watch for changes
17. Load test cranes and forklifts
18. Know environmental hazards
19. Stretch out before PT
20. Clear all weapons
21. Develop and follow work/rest tables
22. Train for Safety
23. Use ground guides
24. Ground all fuel trucks and generators
25. Use correct spacing for tents
26. Use chalk blocks
27. Wash hands before eating and after using the restroom
28. Use headlights
29. Everyone is responsible for Safety
30. Lets set the next generation up for thirty more years of success!

ARMY Wide, Fatalities are up

From OCT 1, 2013 through the time of this article, 21 US Army Soldiers have died while operating Private Motor Vehicle 2 (PMV2 formerly PMC: Private Motor Cycle). Many of the fatalities have been initially determined to be a result of excessive speed, while some have had alcohol involved, failure to ensure MCF training or as a result of other operators. These numbers are up from 2013,

nearly double, in fact. While it is unknown why the steady climb in PMV2 fatalities has occurred, it is painfully obvious that if were one of our Soldiers the attitude would be different.

When preparing to deploy, training and retraining and validating the training was highly important. Countless hours of power point, grass drills, combat-ives, MOS specific, and other drills took place; then as

soon as it was over, many Soldiers with little more than basic operational knowledge took to the street on two wheels.

As NCOs we watch out for our younger enlisted during deployment: why aren't we taking the time to ensure that they are just as safe at home: Motorcycle Safety Training, the use of proper PPE, reinforce the rules of the road and traffic laws (goes for 4 wheels as well), reiterate the importance of driving sober.

Senior Soldiers and Airmen have often taken younger personnel aside to mentor and train on specific issues. Motorcycle Safety should be one that we focus on.



ARE YOU PART OF THE PROBLEM

IT IS UP TO EACH OF

**US TO PROMOTE
SAFETY. IT IS
INCUMBENT TO THE
LEADERSHIP TO
STRESS EACH
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PERSONAL
RESPONSIBILITY**

Is safety part of your culture or is it one of the many check boxes you must hit each month. Do you post Safety Sense on the bulletin board and walk away or have you read each article, and maybe shared the information with another Soldier?

Have you ever walked past a spill on the tile floor and thought to yourself "I am glad I saw that" but then just walked away. Are you part of the problem?

Fulltime or M-Day Soldiers, Officer, Warrant and Enlisted have a responsibility to each other to keep our fellow Soldiers safe and free from harm, maintain or increase operational readiness and reduce costs through accident and injury prevention

We all have the responsibility to share information about hazards, accident prevention or other safety topics. We must encourage

others to participate in training or other programs.

Safety is a 24/7/365 process where everyone is engaged, or the system has an inadequacy. Don't merely wait until an OIP or ARMS inspection to address an issue. Go out today and look for those issues and prevent a Soldier from finding it by accident.

Proactive safety is the only way we can be successful in accident prevention.

Environmental health

During the summer months, and especially during a field training exercise, each of us must consider the environment as one of the hazards present in our risk assessment.

Weather is just a one example of the hazards you may encounter. You must consider terrain, natural inhabitants (rodents, insects, arachnids, snakes, or mam-

mals), the availability of water (for food prep, drinking and sanitation) and vegetation. This is just the tip of the iceberg when it comes to setting up an FTX area.

A preventative medicine (PM) resource needs to be assigned to assist in answering many of the questions that will arise about these and other issues. This will be the SME for questions

and answers, so that person needs to be well versed in the routines of the FTX and in assessing Soldiers for injury or illness resulting from these exposures.

Field Sanitation Training is available on-line at ALMS or courses are offered through ATTRS. Contact your training personnel if you are interested.





Heat Can KILL!

Prevention Works

- Drink enough water to replace your sweat losses.
- Don't wait to feel thirsty, your body may need water before you feel thirsty.
- Do not follow very low calorie diets while training in a hot environment.
- Remind your buddy to drink. Refill your canteens at every opportunity.
- Look at your urine. If it is dark or if you have not urinated, you need to drink more.
- Eat meals to replace salts. Drinking too much water and not eating enough salt (hyponatremia) may be fatal.
- Do NOT take any dietary supplements containing ephedra (ma-huang) ANY time.



